

A man with short dark hair, wearing a blue long-sleeved shirt, is sitting on a brown leather sofa. He is smiling and looking down at a laptop in his lap. The room is modern and bright, with a white wall and several large green plants. A small white pot with a green plant sits on a table to the left. A dark wooden table and a black chair are visible in the background.

# Mental Health Strategy



This sample strategy is for an organization that would like to equip its employees with resilience skills for improved mental health.

A plan is designed for the year to deliver training and initiatives that take a multi-dimensional approach to mental health

- Exploring ways that lifestyle can positively influence the way people feel
- Analyzing the risks that make people report mental ill-health
- Sharing solutions and tools that can be leveraged daily, to minimize risks and embolden employees to live fulfilled lives.

This holistic strategy shares the perspective that a healthy lifestyle with balanced elements of rest, good nutrition, exercise, manageable levels of stress, and rewarding work can support mental health.

Training throughout the year will include resilience workshops, several mental health presentations, nutrition initiatives, fitness sessions, and social wellbeing initiatives.

Financial wellbeing plays a role in supporting mental health, so the delivery of requested topics is embedded within this holistic mental health strategy.

These sessions are delivered globally for multinationals, enabling teams to deliver consistent wellness messaging.



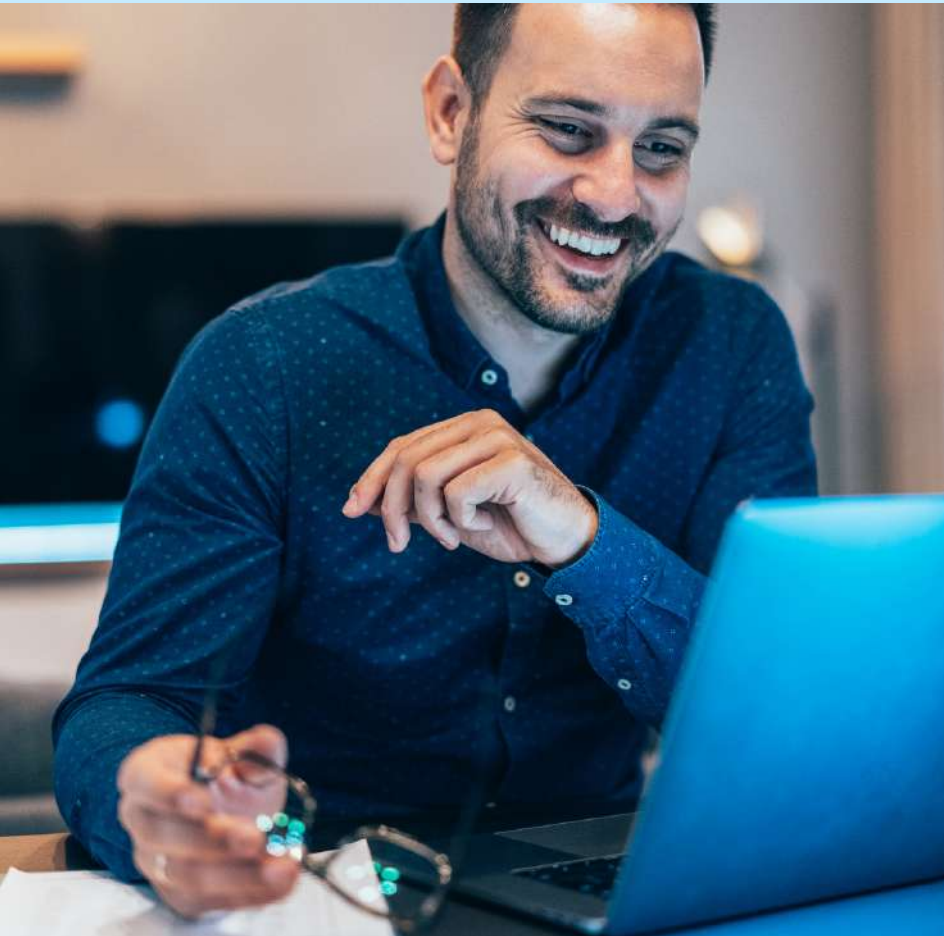


# Sample: 4 Month Mental Health & Resilience Training

The following calendar shares an idea of how your mental wellness program can be scheduled over the space of four months.



## January



### **BUILDING MENTAL & PHYSICAL RESILIENCE (MENTAL & PHYSICAL SELF CARE)**

In this webinar, you will:

- Gain knowledge of evidence-based strategies for increasing immune system functioning.
- Be introduced to insights on fixing sleep and recovery
- Learn tools for building physical resilience: reversing exhaustion and working with your natural daily cortisol curve

[Read more](#)

## February



### **BUILDING EMOTIONAL RESILIENCE (EMOTIONAL SELF-CARE)**

In this webinar, you will:

- Understand the impact emotions have on the nervous and hormonal systems
- Be introduced to the innovative research on the new science of the heart, brain-heart communication, heart rate variability (measure of wellness), emotional and optimal functioning
- Explore your personal emotional landscape, using The *Depletion to Renewal Grid*™

[Read more](#)

## March



### **THE MINDFUL LEADERSHIP SERIES**

Mindfulness is an indispensable instrument in the managerial toolkit – a series of practices that lead to a clear state of mind – helping to focus on what matters most in these trying times: keeping calm under stress, developing leadership presence, fostering connection, enhancing motivation, and driving effectiveness.

The focus of this series is to help managers look after their own mental, emotional, and physical wellbeing while facilitating improvement in performance, job satisfaction, psychological need, satisfaction, and organizational citizenship in their staff by using powerful mindfulness tools.

[Read more](#)

## April



### **COMPASSIONATE COMMUNICATION**

The focus of this workshop is to introduce communication strategies – based on the latest language, communication, and mindfulness research – to reach “neural resonance” in conversations through speaking with clarity, brevity, and kindness.

These strategies can help employees to cope with interpersonal conflict, discuss difficult topics, give constructive feedback, reveal ideas and aspirations in a more genuine way.

[Read more](#)



A close-up portrait of a man with a beard and glasses, smiling slightly. He is wearing a light blue shirt. The background is blurred.

# PSYCHOLOGICAL SAFETY

You want to make sure employees feel psychologically safe whilst working. Sometimes life gets in the way. Deadlines, toxic work cultures, stress, and personal worries may hinder this wish.

Deliver sessions that support employees with enhancing self-awareness, building resilience, and improved self-management.

[See here for Mental Health Presentations](#)

Recommendations include:

Personal Resilience & Self Care

Centering: Managing Stress & Anxiety During Lockdown

Management Wellbeing Program - 5 week series

Manager's Impact on Employee Wellbeing

Maximizing Brain Power for Increased Energy, Wellbeing, and Performance

An Introduction To Authentic Relating

Conscious Parenting In The Pandemic and Beyond

Creating Affirmations For A More Positive Mind

Burnout Awareness & Prevention - Corporate & Personal Dimensions





# LEARNING

Choose from a selection of workshops - for improved business soft skills, self-development, and daily improvement.  
These sessions also improve personal and organizational effectiveness, as well as enhance managerial skills.

Create a dynamic culture of learning within your organization.

[Leadership & Management Tutorials](#)

[Learning & Development Presentations](#)

Trainings include:

[Brain Smart Time Management – Micro and Macro Techniques](#)

[An Introduction to Emotional Intelligence & G.R.I.T. at the Workplace](#)

[The Science of Optimal & Enjoyable Performance: Hacking into Flow States](#)

[Compassionate Communication - Strategies to Increase Trust, Sustain Cooperation, and Ease Conflict](#)

[The Connected Brain - Team Effectiveness Workshop](#)

[Sustaining Long Haul Creativity: The Neuroscience and Practice of Creativity](#)

[FOCUS: How to stop Distracting Yourself and Get More Done](#)

[The Ultimate Morning Upgrade – Morning Habits for Bringing Your Best Self to the Table](#)

A selection of initiatives designed to provide creative outlets for stress relief and promote inner peace.

This can be used to develop a sense of belonging, reduce isolation, and nurture rewarding relationships.

[View all Social & Emotional Wellbeing sessions.](#)

[Aromatherapy Workshops](#)

[Art Jamming Experience](#)

[Drumming Workshop](#)

[Gong & Sound Meditation](#)

[Laughter Yoga Session](#)

[Group Singing Class](#)

[Create A Vision Board](#)

[Pop-Up Wellness Party](#)

[Knitting Session](#)

[Introduction To Card Tricks](#)



# CONNECTIONS



# EXERCISE

[View all Fitness Sessions](#). Recommendations include:

[Tai Chi](#)

[Deskercise](#)

[Back & Shoulder Care Exercises](#)

[Laptop Fitness Sessions](#)

# GOOD FOOD

[View all Nutrition Sessions](#). Recommendations include:

[Foods & Moods](#)

[Healthy Cooking – Demo](#)

[Smoothie Making Sessions](#)

# REST & RESTORATION

Recommendations include:

[Tea Meditation Ceremony](#)

[Mindfulness](#)

[Sleep Health For Shift Workers](#)







# Wellbeing Strategy

Deliver learning and psychological sessions monthly - covering an aspect of mental wellbeing that means most to employees. These specific points can be gathered from data you have / pulse surveys. This enables participants to ask questions to the expert.

Otherwise, upload a selection of pre-recorded tutorials to your wellness portal, enabling employees to access at will a topic of their choice.

Have weekly / monthly socials, especially if you operate a mostly remote workforce. This reduces isolation and keeps employees engaged.

Deliver fitness sessions on a weekly / monthly basis. Invite employees to participate in monthly fitness sessions, or upload a wide selection of pre-recorded sessions per month.

*This is a holistic wellbeing program, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*